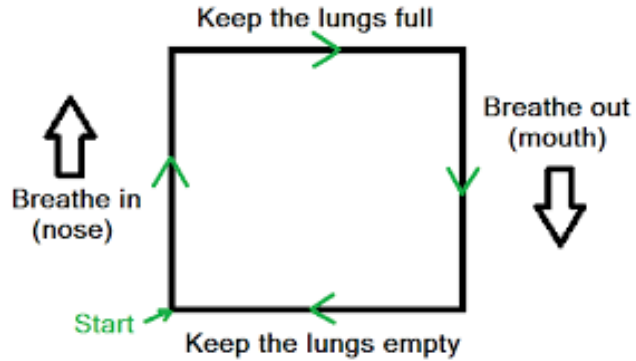


MINDFULNESS WORKSHOP

AIMEE SURMA, MS, RN

BOX BREATHING TECHNIQUE



- Breathe in for 4 seconds
- Hold for 4 seconds
- Breathe out for 4 seconds

WHY MINDFULNESS IS A SUPERPOWER



LOVING KINDNESS MEDITATION

- Sending loving-kindness to ourselves, loved ones, neutral people and all living beings
- May you live with ease, happiness and good health



RESOURCES FOR WELL-BEING

- Apps

- Headspace
- Happify
- Shine: Calm Anxiety & Stress

- Podcasts

- Meditative Story
- Thrive5
- Ten Percent Happier with Dan Harris
- Daily Breath with Deepak Chopra
- On Purpose with Jay Shetty

- Printed Materials

- Your Time to Thrive: End Burnout, Increase Well-being, and Unlock Your Full Potential with the New Science of Microsteps by Marina Khidekel
- Burnout: The Secret to Unlocking the Stress Cycle by Emily Nagoski PhD and Amelia Nagoski DMA
- Breathe Magazine

REFERENCES

- Happifyinc. (2015, December 07). Why Mindfulness Is a Superpower: An Animation. Retrieved December 16, 2020, from <https://www.youtube.com/watch?v=w6To2g5hnT4>
- *Loving-Kindness Meditation (Greater Good in Action)*. Practices. (2021.). https://ggia.berkeley.edu/practice/loving_kindness_meditation.